



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Road Runner Walk/Run Club

### Contact Information

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### Program Information

<b>Program Name</b>
Road Runner Walk/Run Club
<b>Program Category</b>
Recess ideas that complement PE class
<b>Grade Level</b>
Elementary School (K-2); Elementary School (3-5); Middle School (6-8)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

Students have a punch card that represents 5 miles. Students get a punch each time they do a lap around the play field. Once a card is full they hand it in and a foot marker is placed on the wall with their name on it. The foot piece travels along the wall as more cards are handed in. Prizes are awarded for different mileage gained. All miles are done on recess time. I also have two traveling golden shoe trophies that go to the classroom and staff member who puts in the most miles each month. Each month I also try to have another incentive like weekly prize drawings from cards that are handed in each week. Last month any student who handed in a card was invited to a movie and popcorn lunch. (Big Hit!!)

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)

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